



7. Unter-Tage Sparkassen Marathon
 Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Makiola, Hans-Edgar

Club: Magdeburger LaufKultur 08 e.V.
 Number: 223

Course: 21.10 km
 Halbmarathon

Category:
 Männer M35

Total time: 2:13:40

Speed: 9.43 km/h
 Running performance: 6:20 min/km

Rank in course/Total: 18 (of 63)

Rank in course/Men: 18 (of 49)

Best time in course: 1:47:01

Rank in category: 5(of 11)

Best time in the category: 1:54:30

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
1. Runde	10.55	1:03:11	5:59	6	8:54	19	14:18	10.55	1:03:11	5:59	5	8:54	42	
Finish	10.55	1:10:29	6:40	4	10:16	16	15:37	21.10	2:13:40	6:20	5	19:10	18	26:39